

PREVENTING CHILDHOOD OBESITY LEARNING COLLABORATIVE

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Children's Healthcare Improvement Collaboration



Children's Healthcare Improvement Collaboration (CHIC)

CHIC is a collaborative effort between Idaho and Utah to improve health outcomes and satisfaction among children and families in both states. This five-year project, which ends February, 2015, is federally funded by the Centers for Medicare and Medicaid Services (CMS) through the Children's Health Insurance Program Reauthorization Act, or CHIPRA.



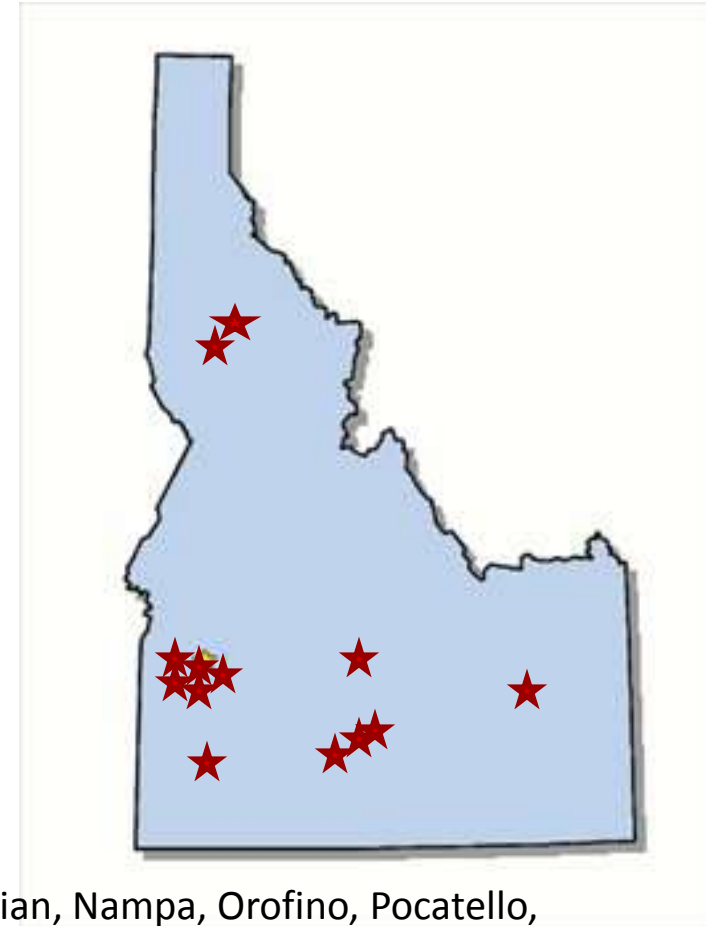
CHIC Learning Collaboratives

- Asthma
- Immunizations
- Patient Centered Medical Home
- Adolescent Depression Screening
- Health Care Transitions
- Preventing Childhood Obesity
- Diagnosis and Management of ADHD



Participation

Pediatricians	39
Family Physicians	26
NPs	4
PAs	5
TOTAL PROVIDERS	74
Clinics	17
Cities	12*
Children Impacted	TBD
Duration	6 mo.



*Boise, Caldwell, Cottonwood, Eagle, Hailey, Jerome, Meridian, Nampa, Orofino, Pocatello, Shoshone, and Twin Falls



Aim

- Children ages 2 through 14 will have their BMI percentile measured and assessed during each Well-Child Check.
- Patients/parents will also receive educational tools and counseling on 5-2-1-0 Let's Go! messaging.

BMI PERCENTILE:	MEDICALLY ASSESSED AS:
Lower than 5 th percentile	Underweight
5 th through 84 th percentile	Healthy Weight
85 th through 94 th percentile	Overweight
95 th percentile and higher	Obese



Measures

- **BMI Percentile calculated and documented.**
(Project Goal 80%)
- **BMI Percentile assessed and documented.**
(Project Goal 60%)
- **Educational counseling documentation in the medical record.**
(Project Goal 60%)
- **Follow up for patients diagnosed or medically assessed as being Overweight or Obese.**
(Project Goal 75%)



Practice Expectations

- Kick-off attendance by Physician Champion and Data Manager
- Completion of Pre and Post Project Survey
- Baseline and monthly chart audits
- Monthly Plan-Do-Study-Act forms
- Conference call attendance
- Completion of Practice Sustainability Plan

*Providers can receive Maintenance of Certification through the American Board of Family Medicine and the American Board of Pediatrics



Technical Assistance

- Site visits and quality improvement (QI) coaching
- Monthly educational conference calls
 - Motivational Interviewing – Dr. Amy Walters
 - Diabetes – Dr. Daniel Flynn
 - Nutrition – Stacy Beeson, RD, LD
 - Community Resources/Partnerships – Angie Gribble/Rhonda Heggen
 - Hypertension – Dr. Rob Adams
 - Healthy Conversations – Dr. Scott Kahan (STOP Obesity Alliance)
- Monthly data reports from audits
- Local and statewide community resources
- IHAWCC.org Toolbox



Resources



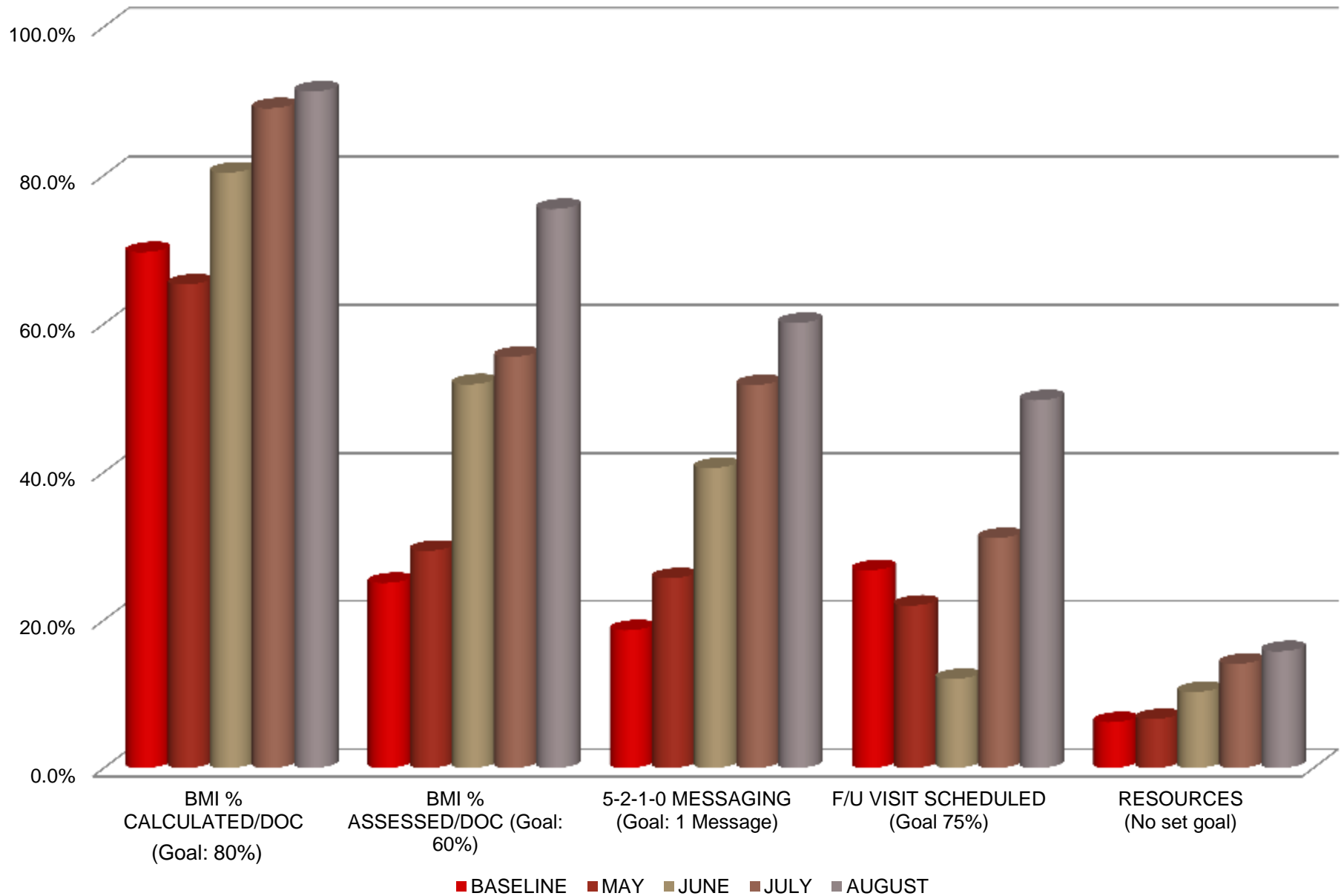
YEAH! Youth Engaged in Activities for Health

A Healthy Lifestyle Program for Kids, Teens, and Their Families

Collaboration and Partnership

- Blue Cross of Idaho/High Five Idaho
- Idaho Dairy Council
- Idaho 211 Careline
- Idaho Physical Activity and Nutrition Program
- Idaho Network of Registered Dietitians and Nutritionists

Project Level Summary



Successes of the Collaborative

Increased focus on prevention of childhood obesity

Increased statewide use of consistent educational messaging about healthy eating habits and activities

Increased collaboration/referral to RD's and nutritionists for continued follow up and weight management

Improved awareness regarding professional and community resources

Improved health care practices - utilization of EMR for documentation, work flow changes, environmental cues for messaging

Lessons Learned

Provider time is the valuable; their impact and influence varies

“Weight” is a sensitive topic for all parties involved

Need for behavioral health experts during planning process of future learning collaboratives

Data Managers and Physician Champions MUST be on board

Modifications of measures based on provider feedback

Questions



For More Information

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